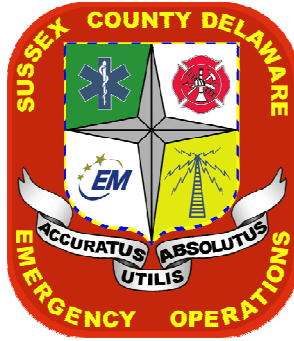


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Sussex County
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Another Hot Day across Sussex County

County government designates administrative office, three libraries as “cooling stations”

**FOR IMMEDIATE
RELEASE**

**0900 hours, Wednesday
July 07, 2010**

Sussex County government will activate “cooling stations” as another day of extreme heat and humidity descends upon the region.

Sussex County Administrator David B. Baker this morning announced that residents and visitors are invited to “cooling stations” during what could be another day of temperatures hovering around the 100-degree mark.

The “cooling stations” include:

**County Administration Building
2 The Circle
Georgetown, DE
8:30 am – 4:30 pm**

**Milton Library
121 Union Street
Milton, DE
10 a.m.-8 p.m. M-Th, 1-5 p.m. F**

**South Coastal Library
43 Kent Avenue
Bethany Beach, DE
10 a.m.-8 p.m. M-Th, 1-5 p.m. F**

**Greenwood Library
100 Mill Street
Greenwood, DE
10 a.m.-8 p.m. M,W; 1-8 p.m. T, Th, F**

When coming to the relief stations, please bring any medications and/or specialty items that you need. The “cooling stations” are a place to temporarily get out of the heat.

Continued

National Weather Service forecasters have placed Sussex County under a heat advisory today from 11 am to 6 pm. High temperatures today are expected to be near the same conditions as yesterday with temperatures expected to be 99 degrees with a heat index values as high as 104 degrees. The heat should ease Thursday as the ridge of high pressure shifts farther to the southwest.

Sussex County Administration advises our residents and vacationers be aware of the weather, and that they use common sense when it comes to being outside in these extreme conditions. Don't over-exert yourself. Stay hydrated. Take frequent breaks. And be aware of the signs of heat stress.

Residents and visitors are urged to limit exposure outside, particularly during the hottest part of the day. Those who must be outside should follow these safety tips:

- Wear lightweight and light-colored clothing. Lighter clothing deflects sunlight, and will not absorb heat like dark materials do;
- Stay in properly ventilated areas;
- Avoid strenuous activity during the hottest part of the day;
- Keep plenty of water on hand. Avoid alcoholic beverages;
- Be aware of the signs of heat cramps, heat exhaustion or heat stroke, and seek medical attention if necessary. Signs of heat cramps can include muscular pains and spasms from heavy exertion. Resting in a cooler area, taking occasional sips of water and stretching the muscle mildly can counter the effects of heat cramps. Heat exhaustion and heat stroke are much more serious, and may require immediate medical attention. Symptoms of heat exhaustion can include a pale or flushed appearance, as well as headache and nausea. Heat stroke symptoms include rapidly increased body temperature, loss of consciousness, rapid or weak pulse and rapid, shallow breathing.

Be sure to check on friends, relatives and neighbors, particularly the elderly and young children, who may be at risk for exposure to the heat. Remember to give pets extra water, provide shade or bring them into a residence where temperatures are cooler.

It's also important to keep in mind that due to the high temperatures and humidity expected in the area, there will be a high demand for electricity. In an effort to help conserve energy and to help avoid power shortages, Mr.

Baker, along with the Sussex County Emergency Operations Center, would like for all residents and businesses in Sussex County to help conserve power to avoid outages.

You can help in the conservation of electricity by taking the following steps:

- Set your air conditioners at 80 degrees, or use fans instead, and minimize the opening of refrigerators and freezers;
- Limit the use of electrically heated water and turn off non-essential appliances and lights;
- Delay using high-energy appliances like washing machines and dryers until after 8 p.m.;
- Prepare light summer meals that don't require a lot of cooking. Try using an outdoor grill or microwave oven instead of your electric range;
- Keep window shades, blinds, or drapes closed to block the sunlight during the hottest part of the day;
- Move lamps, TVs and other heat sources away from air conditioner thermostats. Heat from those appliances is sensed by the thermostat and could cause the air conditioner to run longer than necessary;
- Move furniture and other obstacles from in front of central air conditioning ducts to allow cooler air to circulate through your rooms freely.

Businesses can conserve electricity by:

- Raising their thermostats;
- Turning off unnecessary lighting and equipment.

The Sussex County Emergency Operations Center will continue to monitor the weather situation and issue updates as needed. For more information, please call (302) 855-7801.

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